

TWO

ALLEGED "APPEAL" MERELY STATEMENT OF FOOD VALUES

A statement that the United States Department of Agriculture had issued "an appeal" to American housewives to take advantage of the War Department's sale of canned meats was included in a press release from the office of the Director of Sales of the War Department issued August 27. Nothing in the nature of an "appeal" has been issued by the Department of Agriculture. The department merely furnished the War Department, at the latter's request, with data in regard to the nutritive value of corned beef, with the understanding that the War Department desired to use the information merely as a basis for advertising its canned products.

The following statement, correcting the former release, has been made by the Office of the Director of Sales War Department:

"Editors are requested to correct a statement made in a press release of this department issued August 27, in which it was said that the Department of Agriculture had issued an appeal to American housewives to take advantage of the War Department's sale of canned meats. The press release issued by the War Department of Agriculture, was based upon a memorandum of information about the comparative value of canned and fresh meats furnished by that official on request of the Director of Sales. No public statement or appeal on this subject has been made by the Department of Agriculture."

WANT HOSPITAL FACILITIES

A vigorous campaign to obtain proper hospital facilities in Oklahoma for sick and disabled veterans of the late war has been begun by the American Legion through its officers and 265 local posts. Working through both the state and federal governments the veterans' organization hopes to have a large general hospital as well as the use of the Rainy Mountain Indian School near Gotebo as a special hospital for tubercular patients.

Every member of the Oklahoma delegation to congress has been asked to lend his aid to the movement and make vigorous demands on the war risk bureau for the establishment of the hospital under the \$46,000,000 federal appropriation now available. Suggestions have been made that the Shawnee Indian School or the Ponca Indian School of Ponca City might be used temporarily.

In case of failure to obtain the federal aid the American Legion will ask the next State Legislature to make an appropriation of \$1,000,000 for such a hospital. Governor Robertson has been asked to recommend such a measure to the legislature in his message. A canvass of the candidates of both major political parties has been begun to ascertain the attitude of candidates for the legislature on the matter. They have been asked to make a public announcement of their views.

Hundreds of complaints have been received by the Legion on the climate, sanitary conditions and treatment to which disabled Oklahoma veterans of the war are subjected at Texas hospitals. A personal investigation was made by representatives of the Oklahoma City post which revealed conditions to be very poor. Dr. A. R. Lewis, state health commissioner, deplores the federal order which forces Oklahoma men to a poor climate for hospital treatment and forbids the use of Oklahoma hospitals.

At the state convention of the American Legion held at Tulsa on September 6th and 7th a report of the hospital facilities committee showing present conditions and making definite demands was unanimously adopted.

LEGAL AID

If immigrants or others without money or influence, get the idea that there is one justice for the poor and another for the rich, they are going to favor revolutionary change.

The American Bar association convention just held, was urged by former Justice Hughes and other lawyers, to help establish free legal aid bureaus for the poor. They felt it would check social unrest. The need is shown by the fact that the Legal Aid Society of New York gave such advice to 34,000 people last year.

The man who has little money but who has just ground for complaint, should be able to get a judgment in small cases for small expense. Bureaus where he can get legal advice free or for a very small sum, should be in existence in all the centers of Oklahoma and all over the country. Wilson Gazette.

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COMING TO THE HEALTH CONFERENCE?

By Dr. A. R. Lewis, State Health Commissioner
Is your town going to be represented at the Public Health conference? This is certainly the most important question before the people of any community right now; and it should be answered in the next few days. EVERY COMMUNITY MUST HAVE A DELEGATE OR REPRESENTATIVE AT THIS HEALTH MEETING if the people wish to reap the benefit that such a conference always brings to the state.

The session opens on the morning of Tuesday, Oct. 12 and lasts until Wednesday afternoon, Oct. 13. It is the Third Annual State Health conference and all sessions will be held in the Huddins hotel, Oklahoma City.

Because of the wide range of health subjects that will be discussed, some topic will be presented that will interest each delegate—he be banker or farmer. Many civic and commercial organizations and clubs have already reported that they are going to be represented at the meeting by one or more delegates. They are sending some of their leading citizens in order that these men and women may bring back "ways and means" of solving their local problem.

Noted men will appear on the program, and will deliver in one address truths and facts that they have learned after many years' experience. Only topics of vital interest to Oklahoma, however will be discussed.

If each organization cannot send one representative, several should combine and prepare to send one or two delegates. Doctors, County Health Officers and Public Health workers are especially invited to the conference.

Is your community going to be represented?

A meeting of the various organizations should be called at once and settle the question.

This is the most important health conference of the year. YOU WILL BE THE LOSER IF YOU ARE NOT REPRESENTED.

PROHIBITION VIOLATOR

GETS LONG TERM

Three years imprisonment and a fine of \$1,000 assessed against H. G. Hildebrandt by the Garfield County District Court for violating the prohibition laws was sustained by the Criminal Court of Appeals last week in a decision handed down by the court. The penalty is one of the severest provided by the statutes for a similar offense.

BOILER EXPLODES AT ATOKA

At 7 o'clock last Friday evening, about two miles south of Atoka, the boiler of one of the large 800-class engines of the Missouri, Kansas & Texas Railway exploded, badly scalding Engineer H. Salmon, Fireman S. C. White and traveling Fireman D. Sassman. The injured were cared for at Atoka by company physicians and were taken to All Saints Hospital at McAlester on the limited Friday night.

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WHAT ARE VITAMINES?

What are these peculiar substances which we are urged to have in our diet, but which we do not understand? They are called vitamins. The best answer to this question is to give a little to their history.

Several years ago we believed that if we gave the correct amounts of proteins, starches, sugar, fats and mineral salts we would be well nourished. Scientists fed a sufficient amount of these substances, pure, to animals and people and they found that four things happened: first, growth stopped in the young; second, building up did not keep pace with wasting away of bodily tissues in the adult; third, certain diseases developed and fourth old age came early.

When the same foods were given, but eggs, butter and a few other substances were added, both animals and people grew and thrived, if free from actual disease. Continuing these experiments they did such things as this: They selected 10 children from four to ten years of age in an orphan asylum where the children had enough of bread, meat and vegetables. They gave each of these a quart of fresh milk a day in addition to the regular food. At the end of five months the differences, mental and physical, were so phenomenal as to be almost unbelievable. Their appearance, chest, height and other measurements, their ability to pick up weights, run without fatigue and do mental tasks was remarkable.

Then they took groups of our Southern people of low vitality, people who live chiefly on tuber vegetables, meat and molasses. They added milk, eggs and leafy vegetables, and in six months their eyes had brightened, their vitality increased and old age disease such as hardening of the arteries, certain forms of kidney trouble and pellagra had disappeared when not too far advanced. The same was true with groups of cotton mill and fisher folks who lived mostly on tea or coffee and white bread, fish and salt meat.

(a) The people who live too largely on meat, potatoes and bread furnish very high mortality from tuberculosis. The addition of milk, eggs and leafy vegetables contributes to their vitality and resistance.

(b) Those who live too largely on

corn meal, sweet potatoes and meat have a high incidence of pellagra.

(c) In communities where no fresh milk is used, pellagra is high; where most is used, it is lowest. The same can be said of the other protective foods, milk, eggs, and the leafy vegetables.

(d) Certain foods are called protective foods because they contain those little understood substances called vitamins which correct the faults of the ordinary diet. The Progressive Farmer.

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